

2023-24 Returning Students Annual Forms and Checklist – Due by August 15

Dear Families,

We hope this finds you well and enjoying summer break! We look forward to your student returning to join us this fall! Please scan the completed enrollment forms back to admissions@wasatchacademy.org or fax them back to admissions at 435.462.1450 by August 15.

We look forward to welcoming all students to campus on *Sunday, August 27*. Registration will begin at <u>noon</u>, and dorms will open after noon so students can start moving their things in, get unpacked, etc.

Annual Medical Forms & Medical Insurance - Required by the WA Wellness Center:
Participant & Parental Disclosure and Consent
☐ Pre-participation Health History (completed by parents/guardian & student)
 Pre-participation Physical Evaluation (provide to a physician for completion) An annual physical is required of all students. Physicals completed by a doctor after August 31, 2022, are acceptable.
Prescription Management and Pharmacy Acknowledgement
Please provide the WA Wellness Center with your student's most recent insurance card/information. They can be reached by email at $\frac{wellnesscenter@wasatchacademy.org}{wellnesscenter@wasatchacademy.org}$, by phone at 435.462.1419, or by 801.931.2134 fax.
<u>Travel Details</u> - For planning purposes, please complete & return the travel forms to us, whether your student is flying alone or you are accompanying your student to campus.
Travel & Transportation Forms - Abbi Kennedy, WA Student Transportation Coordinator: travel@wasatchacademy.org or 801.592.8062.
Please let us know if you have any questions. We will see everyone on campus this fall!
Warm regards,
Michelle Huntsman
Admissions Associate
Wasatch Academy
michelle.huntsman@wasatchacademy.org





PRE-PARTICIPATION EXAMINATION FORM

Instructions for completing pre-participation (athletic)
Health Examination and Consent Form

COMPLETING THIS FORM:

- 1. PLEASE TYPE OR PRINT LEGIBLY
- 2. Parent/Guardian along with the student are to complete the Health History on page 3 and the Disclosure and Consent Document on page 2. Please note student and parent are to sign both forms. The Health History is to be taken to the physical examination for the physician/provider to review.
- 3. Physician/Provider is to complete and sign the Physical Examination form on page 4.
- 4. Entire completed form is to be returned to school administration.

SUBMITTING THIS FORM:

- 1. School personnel should review form to assure it is completed properly.
- 2. ORIGINAL copy is to be retained in school files.

QUALIFICATION OF PROVIDERS:

A health examination must be performed annually and the Pre-participation Physical Evaluation Form must be completed before any student may participate in athletic activities sponsored by this Association. A Pre-participation Physical Evaluation Form along with the Disclosure and Consent Document must be on file at the school before any participation in athletic activities.

The health examination must be completed and the form signed by any Medical Doctor (MD), Doctor of Osteopathy (DO), Physician's Assistant (PAC), or Registered Nurse Practitioner (RNP), Doctor of Chiropractics (DC), functioning within the legal scope of their practice.

As part of our quality assurance efforts in best practices and maintenance of credentialing, and acknowledging the need to allow time for certification efforts, the BOT approved that all medical personnel that perform the pre-participation physical exam for student athletes will be required to be "Board Certified"* by their respective disciplines by March 10, 2025.

In addition to maintaining the continuing medical education (CME) required by each medical discipline for state licensure, the BOT approved that NPs, PAs, DCs, DOs and MDs have successfully completed postgraduate education and Board Certifications. As examples: NPs would successfully complete and maintain FNP-BC or FNP-C certifications; PAs would successfully complete NCCPA certification and maintain PANRE or PANRE-LA certifications; DCs would successfully complete and maintain a postgraduate Diplomate program (i.e. Internal Medicine & Family, Sports Medicine, Orthopedics, Pediatrics, etc.); DOs and MDs would successfully complete a postgraduate residency/fellowship program and maintain board certification in one of the 24 Member Boards of ABMS.

*Note: The American Board of Medical Specialties differentiates medical licensure from board certification.

THE UTAH HIGH SCHOOL ACTIVITIES ASSOCIATION DOES NOT PROVIDE PRINTED COPIES OF THIS FORM, PLEASE MAKE ALL NECESSARY COPIES.

Participant & Parental Disclosure and Consent Document



PLEASE NOTE: It is the responsibility of the parent/guardian to notify the school if there are any unique individual problems that are not listed on the Pre-participation Physical Evaluation Form.

Name of Student	School						
Is the student covered by health/accident insurance? ☐Yes ☐No							
Name of health insurance provider							
If no insurance provider, explain							
	ISENT FORM						
Parent or Guardian Statement of Permission, Ap By signing below, I the parent or legal guardian of t							
	participating in the interscholastic athletic program at the travel to and from athletic contests and practice sessions.						
 Further consent to treatment deemed necess authorities for any illness or injury resulting 	ary by health care providers designated by school g from his/her athletic participation.						
	therent in all sports participation. I further realize that cluding such conditions as: fractures, brain injuries,						
	of this form will remain in the student's school. I agree that ter this evaluation, I will notify the school as soon as						
signs, symptoms, and risks of sport related of understand and agree to abide by the UHSA	ation including receiving written information regarding the concussion. I also acknowledge that I have read, A Concussion Management Policy and/or the policy of the A/SportsMed/ConcussionManagementPlan.pdf						
Parent or Guardian Name	Parent or Guardian Signature						
Date							
Student Statement							
By signing below I acknowledge:							
	ic athletics for the above school is entirely voluntary on my t I have not violated any of the eligibility rules and ies Association.						
My responsibility to report to my coaches a	and parent(s)/guardian(s) illness or injury I experience.						
	ing written information regarding signs, symptoms, and nowledge my responsibility to report to my coaches and						

Date

parent(s)/guardian(s) any signs or symptoms of a concussion.

Signature of Student



ATHLETIC PRE-PARTICIPATION EXAM AND MEDICAL HISTORY

Must be completed **every school year** by the athlete and parent prior to any try-out, practice, or athletic contest

NOTE: If a student athlete is under specific medical management (i.e. medications, etc.) the appropriate medical provider will conduct the pre-participation physical exam as these issues will be appropriately addressed during the exam.

		ATHLETE IN	FO	RMATION			
Athlete Name:	Athlete Name:Date of Exam:						
Sport(s):							
Birth date:	_ Age:	Grade in so	cho	ool	Gender:	Sch	ool year:
Athlete Cell Phone No. ()	Athlet		e Address:			
EXAMINATION: TO BE FILLED OUT BY PHYSICIAN ONLY							
Height: Weight:		_ □ Male □ Female		Pulse: _	BP:	_/	% Body Fat (opt)
Vision: Left/_	_Right_	/Correct	ed:	□ Yes □ No	F	Pupils:	Equal □ Unequal
Immunizations: Tetanu	s	MMR		Нер В	Chic	kenpox	
GENERAL MEDICAL (please ini	tial)			MUSCULOS	SKELETAL (ple	ease init	ial)
	Normal	Abnormal Findings				Normal	Abnormal Findings
Appearance (Marfan stigmata)				Neck			
Eyes/Ears/Nose/Throat (Pupils Equal, Hearing)				Back			
Lymph Nodes				Shoulder/ Arm			
Heart (murmurs)				Elbow/ Forearm			
Pulses (Simultaneous femoral and radial pulses)				Wrist/ Hand/ Finge	ers		
Lungs				Hip/ Thigh			
Abdomen				Knee			
Skin (HSV, MRSA, tinea corporis)				Leg/ Ankle			
Neurological				Foot/ Toes			
Genitourinary (males only)				Functional (Duck v	valk, single leg hop)		
ATHLETIC PARTICIPA	TION R	RECOMMENDATIONS	3	(Physician	MUST select	t one ite	m listed below)
CLEARED PENDING NOT CLEARED FOR	ATION- 	–May NOT participate umented follow up of:	-				
By signing this form, I acknowled maintenance of credentialing.	edge tha	at I am board certified	in a	a medical spe	ecialty, and as	such, I a	m current in my
Medical Provider: (Please print) Medical Signature:				Physicia	n's Office Address		
IF THIS FORM IS NOT FULLY CO			R		(



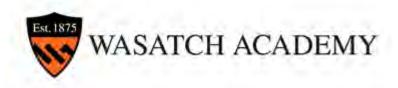
ATHLETIC PRE-PARTICIPATION EXAM AND MEDICAL HISTORY

Must be completed **every school year** by the athlete and parent prior to any try-out, practice, or athletic contest

Athlete Name:	Date of Birth

GENERAL QUESTIONS	Yes	No	MEDICAL QUESTIONS	Yes	No
Has a doctor ever denied or restricted your participation in sports for any reason?	100	140	Do you cough, wheeze or have difficulty breathing during or after exercise?	100	110
		\vdash			<u> </u>
Do you have any ongoing medical conditions? If so please identify below: ☐ Asthma ☐ Anemia ☐ Diabetes ☐ Infections ☐ Other:			Have you ever used an inhaler or taken asthma medication?		
Have you ever spent the night in the hospital?			Is there anyone in your family who has asthma?		
Have you ever had surgery?			Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No	Do you have groin pain or a painful bulge or hernia in the groin area?		
Have you ever passed out or nearly passed out DURING or AFTER exercise?			Have you had infectious mononucleosis (mono) within the last month?		
Have you ever had discomfort, pain, tightness, or pressure in your chest			Do you have any rashes, pressure sores, or other skin problems?		
during exercise? Does your heart ever race or skip beats (irregular beats) during exercise?			Have you had a herpes or MRSA skin infection?		_
Has a doctor ever told you that you have any heart problems? If so check		_	Do you have a history of seizure disorder?		
all that Apply: ☐ High Blood Pressure ☐ High Cholesterol ☐ Kawasaki Disease ☐ A heart murmur ☐ A heart infection ☐ Other:			be you have a motory of seizare allocation.		
Has a doctor ever ordered a test for your heart? (e.g. ECG/EKG, Echocardiogram)?			Have you had any problems with your eyes or vision?		
Do you get light headed or feel more short of breath than expected during exercise?			Have you had any eye injuries?		
Have you ever had an unexplained seizure?			Do you wear glasses or contact lenses?		
Do you get more tired or short of breath more quickly than your friends during exercise?			Do you wear protective eye wear such as goggles, or a face shield?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No	Do you worry about your weight?		
Has any family member or relative died of a heart problem or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident or sudden infant death syndrome)?			Are you trying to or has anyone recommended that you gain or lose weight?		
Does anyone in your family have hypertrophic cardiomyopathy, Long QT syndrome, Short QT syndrome, Brugada syndrome or catecholaminergic polymorphic ventricular tachycardia?			Are you on a special diet or do you avoid certain types of foods?		
Does anyone in your family have a heart problem, pacemaker, or implanted Defibrillator?			Have you ever had an eating disorder?		
Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?			HEAT ILLNESS QUESTIONS	Yes	No
BONE AND JOINT QUESTIONS	Yes	No	Have you ever become ill while exercising in the heat?		
Have you ever had an injury to a bone, muscle, ligament or tendon that caused you to miss a practice or a game?			Do you get frequent muscle cramps when exercising?		
Have you ever had any broken, fractured or dislocated bones?			Do you or someone in your family have sickle cell trait or disease?		
Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast or crutches?			HEAD AND NECK HEALTH QUESTIONS	Yes	No
Have you ever had a stress fracture?			Do you have headaches with exercise?		
Have you ever been told that you have or have you had an x-ray for a neck instability or atlantoaxial instability (down syndrome or dwarfism)?			Have you ever had a head injury or concussion?		
Do you regularly use a brace, orthotics, or other assistive devices?			Have you ever had a hit or blow to the head that caused confusion, prolonged headache or memory problems?		
Do you have a bone, muscle, or joint injury that bothers you?			Have you ever had numbness, tingling, or weakness in your arms of legs after being hit or falling?		
Do any of your joints become painful, swollen, feel warm or look red?			Have you ever been unable to move your arms or legs after being hit or falling?		
Do you have any history of juvenile arthritis, or connective tissue disease?			FEMALES ONLY		
Have you had any problems with pain, swelling, fracture, sprain, strain, or			When was your first menstrual period (age when started)?		
dislocation in any joint? Specify below if yes If yes, check the appropriate box and explain below:		\vdash	When was your most recent menstrual period?		
☐ Head ☐ Neck			This was year most recent memorial period:		
□ Back □ □ Shoulder □			How much time do you usually have from the start of one period to the start of a	nother?	
□ Arm □ Elbow □			How many parioda have you had in the last year?		
□ Finger □ Wrist			How many periods have you had in the last year?		
□ Hand □ □ Shin/Calf □ □ Knee			What was the longest time between periods in the last year?		
□Thigh □ Knee □Hip □Ankle					
OFoot					

Parent Signature:	Date:	
•		



RE: Prescriptions, Medications, Vitamins, and Supplements

Dear Wasatch Academy Families,

The Wellness Center is excited to care for and ensure the health and well-being of your student while enabling them to learn and grow at Wasatch Academy.

Please know that students are not permitted to have medications, including vitamins, supplements, prescription medications, or over-the-counter medications, in their possession or dorm rooms. While attending Wasatch Academy, these medications will be distributed through the Wellness Center. In order to provide the best care, we ask that you follow these simple guidelines pertaining to medications and supplements:

- Please do not send over-the-counter (OTC) medications with your student to school for
 occasional use. The Wellness Center has most of these medications in stock at all times.
 However, if there is a particular OTC medication your student needs to take regularly, it is
 the parent's responsibility to provide the medication to the Wellness Center. We will then
 distribute OTC medications as needed.
- Please do not send supplements, oils, vitamins, enzymes, proteins, etc., with your student to
 school unless your child will be taking them on a daily basis. Should your student need a
 supplement, please consider a multi-vitamin/mineral combination that can be easily
 purchased and is approved for distribution in the United States. It is the parent's
 responsibility to purchase and supply the daily supplement or vitamin, and we encourage
 you to send a four-month minimum supply.
- If your student requires prescription medication, they must be stabilized on the current prescription medication regimen prior to arrival on campus. To support the ongoing administration of their medication, we ask that the prescription medication has the maximum number of refills permitted by their doctor, if possible, and arrive at campus with at least a full month's supply. All prescriptions are filled at a local pharmacy in Mt. Pleasant, Utah. If your student will need refills of their prescription, please contact the pharmacy with your health insurance information and credit card for them to keep on file for refills. Below is the pharmacy's information.

Terrel's Pharmacy 1050 S. State Street, Utah 84647 Phone: 435.462.6300 / Fax: 435.462.6301

Once again, medication costs and refills are the parents' responsibility. Should your student need a new prescription or a medication refill, the Wellness Center may purchase the prescription with the payment card on file at the pharmacy (preferred method). Or the student may pay for the medication with their own debit/credit card. If you have any questions or concerns regarding these guidelines, please don't hesitate to email or call the Wellness Center at 435.462.1419. We are willing to work through any issues and concerns. We look forward to aiding in your student's health.

Best regards,

Wasatch Academy Wellness Center wellnesscenter@wasatchacademy.org
Phone: 435.462.1419. Fax: 801.931.2134



Prescription Management and Pharmacy Acknowledgement

If your student is on a current regimen of prescription medications, there are a couple of different options for how we can manage refills. If you have a primary care physician that is managing and prescribing your student's medication, they may or may not be able to send prescriptions out-of-state, depending on their licensure. If your student needs a new prescribing doctor, we can make an appointment at the local family clinic practice for refills. The doctors there are great at prescribing refills for students; however, if any changes need to be made, they prefer the student's primary care physician to make those adjustments.

Please read through the following and select the best option for you and your student:

Parent/Gu	ardian Signature	Date
Terrel's Ph	armacy.	
_		keep an up-to-date, valid payment card on file at
your bank	account. Please do not cancel the payment it e any questions or concerns, feel free to let u	re, charges will come up as "Terrel's Marketplace" in fyou see it come up as this instead of a "pharmacy." s know so we can figure it out prior to canceling the
and most prescription over the p	streamlined way to fill prescriptions is to ns can be paid for as needed. If you are not	Terrel's Pharmacy, please be aware that the easiest keep a payment card on file at the pharmacy so comfortable doing so, you may need to call and pay m a call at 435.462.6300 to set up their profile, and cademy.
	Your student will need a doctor's visit schewill be filled locally at Terrel's Pharmacy.	duled at the local clinic, and prescriptions
	Your student's primary care physician will be filled locally at Terrel's Pharmacy.	be electronically sending prescriptions to
	Your student will be arriving on campus w for the breaks. Refills are not necessary.	ith enough medication until they go home
	Your student's medication will be filled at mailing the refilled medications to Attn: We 100 W. Mt. Pleasant, UT, 84647.	



Student's Name:		_Grade: Phone	e:	
Parent/Guardian Name:		Phone or Ema	ail:	
Please email WA Student If your student is traveling	questions or conc as an unaccompanie	erns about your stu ed minor please con	dent's travel. tact our Student Tra	vel Coordinator, Abbi
Kennedy <u>immediately</u> to <u>travel@wasatchacademy.or</u>			th airlines. Abbi's	email address is
	Beginning of So Sund	chool Arrival In day, August 27 ^{tl}		
My student requires transp	ortation from SALT	LAKE CITY AIRPC	ORT to WASATCH AC	CADEMY CAMPUS
Sunday, August 27, 2023	Arrival Time:		Flight #	(before 8pm)
If Parent/Guardian is accor	npanying student to	the school, please p	provide arrival detail	s:
Arrival Date:	and A	approximate Arrival	Time:	(after 12 pm)
Saturda	y, October 7 th –S	Fall Break Sunday, October Information for Fal	r 15 th (d <i>orms clos</i> ll Break	sed)
My student requires transpor	tation from WASAT	CH ACADEMY CAI	MPUS to the SALT LA	AKE CITY AIRPORT
Saturday, October 7, 2023	Departure Time:	Airline	Flight #	(before 2:00 pm)
If Parent/Guardian is picki	ng up student, please	e provide details for	pick-up from campu	1 8:
Pick-Up Date:	aı	nd Approximate Tim	ne of Pick-Up:	
	Returning In	nformation for Fal	ll Break	
Sunday, October 15, 2023	Arrival Time:		Flight#	(before 8pm)
If Parent/Guardian is accor	npanying student to	the school, please p	provide arrival detail	s:
Arrival Date:	:	and Approximate Ar	rival Time:	



Student's Name:	Gra	de:Phone:		
Parent/Guardian Name:		Phone or Email	<u>:</u>	
Please email WA Student Transp ques	oortation Coordin tions or concerns		•	<u>chacademy.org</u> with
If your student is traveling as an u Kennedy <u>immediatel</u> y to set <u>travel@wasatchacademy.org</u> and p	up pickup int	formation with		•
Saturday, Novemb Depar	•	• .	•	osed)
My student requires transportation fi	rom WASATCH A	ACADEMY CAM	PUS to the SALT LA	KE CITY AIRPORT
Saturday, November 18, 2023 Depa	arture Time:	Airline	Flight#	(before 2:00 pm)
If Parent/Guardian is picking up st	udent, please pro	vide details for p	pick-up from campu	s:
Pick-Up Date:	an	d Approximate T	ime of Pick-Up:	
Retur	ning Informatio	on for Thanksgi	ving Break	
Sunday, November 26, 2023 Arriva	ıl Time:	Airline	Flight #	(before 8pm)
Conne	ecting City:			
If Parent/Guardian is accompanyin	ng student to the s	school, please pr	ovide arrival details	:
Arrival Date:	and <i>A</i>	Approximate Arri	val Time:	



Student's Name:	G	Frade:Phone	2:	
Parent/Guardian Name:		Phone or Ema	il:	
Please email WA Studen If your student is traveling	questions or concer	ns about your stud	dent's travel.	
Kennedy <u>immediately</u> t <u>travel@wasatchacademy.o</u>			h airlines. Abbi's	email address is
Saturday	Wi y, December 16 th -S Departure Infor	• •	•	sed)
My student requires transpo	rtation from WASATCI	H ACADEMY CAN	MPUS to the SALT LA	KE CITY AIRPORT
Saturday, December 16, 20	23 Departure Time:	Airline	Flight #	(before 2:00 pm)
If Parent/Guardian is picki	ing up student, please p	provide details for	pick-up from campu	s:
Pick-Up Date:	and	Approximate Tim	e of Pick-Up:	
	Returning Infor	mation for Wint	er Break	
Sunday, January 7, 2024	Arrival Time:	Airline	Flight #	(before 8pm)
	Connecting City:			
If Parent/Guardian is acco	mpanying student to th	ne school, please p	rovide arrival details	s:
Arrival Date:	an	d Approximate Arr	rival Time:	



Student's Name:		Grade: I	Phone:		
Parent/Guardian Name:		Phone or	Email:		
Please email WA Studen	_	Coordinator Abbi . oncerns about you	-	@wasatchacademy.org with	
If your student is traveling	s as an unaccompa	nied minor please	e contact our Stud	lent Travel Coordinator, Ab	bi
Kennedy <u>immediately</u> t	o set up pickt	up information	with airlines.	Abbi's email address	is
travel@wasatchacademy.o	rg and phone num	ber is 801.592.806	<i>32.</i>		
Frida	a <u>y,</u> March 1 st - <u>N</u> Departure I	March Break Ionday, Marc Information for	h 11 th (dorms o	closed)	
My student requires transpo	rtation from WAS	ATCH ACADEMY	CAMPUS to the S	SALT LAKE CITY AIRPOR	Г
Friday, March 1, 2024 Depa	arture Time:	Airline	Flight #	(before 2:00 pm)	
If Parent/Guardian is pick:	ing up student, ple	ase provide detai	ls for pick-up fron	n campus:	
Pick-Up Date:		_ and Approximate	e Time of Pick-Up:		
	Returning I	Information for	March Break		
Monday, March 11, 2024	Arrival Time:	Airline	Fligh	t #(before 8pm)	
	Connecting City	:			
If Parent/Guardian is acco	mpanying student	to the school, ple	ase provide arriva	al details:	
Arrival Date:		and Approxima	te Arrival Time:		



Student's Name:		Grade:	Phone:		
Parent/Guardian Name: _		Phone o	or Email:		
Please email WA Stud	-		i Kennedy at <u>travel</u> ur student's travel.	-	<u>y.org</u> with
If your student is traveli Kennedy <u>immediately</u> <u>travel@wasatchacadem</u> y	to set up picku	p information	with airlines.		
Departure In	ıformation for Uı	nd of School I nderclassme aursday, May	n – <i>All Studen</i>	ts Except Senic	ors
My student requires trans	portation from WASA	TCH ACADEM	Y CAMPUS to the	SALT LAKE CITY	AIRPORT
Thursday, May 16, 2024	Departure Time:	Airline	Flight #	(before 2:0	00 pm)
If Parent/Guardian is pi	cking up student, plea	ase provide deta	ils for pick-up fro	m campus:	
Pick-Up Date: _		and Approxima	te Time of Pick-Up:		
	Departure In:	l of School Y formation fo urday, May 1	r All Seniors		
My student requires trans	portation from WASA	TCH ACADEM	Y CAMPUS to the	SALT LAKE CITY	AIRPORT
Saturday, May 18, 2024	Departure Time:	Airline_	Flight #_	(After 6p.	m)